

VITANICA® ~ CRAMP RELAX™



An update to our well known Cramp Bark Extra, featuring Black Haw bark - a relative herb to the cramp bark herb; with the thoughtful combination of supportive herbs to relieve common menstrual cramps during menses.

Featured Ingredients:

- **Black Haw** is a traditional herb used to support relief of common menstrual cramps; combines well with other supportive and tonic herbs: **Valerian root**, **Black cohosh**, and **Ginger root**
- Research indicates **Vitamin B3 (niacin)** as promoting a healthy uterine response during menses; **Vitamin C** and **Rutin** seem to support the positive effect niacin has on the uterus
- **Calcium** and **Magnesium** offer gentle musculoskeletal relaxation support
- **Vitamin B6** promotes relaxation and **Vitamin E** is strongly indicated in research for healthy menstrual uterine tissue

Supplement Facts

Serving Size 3 Capsules
Servings per Container 20

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	575 mg	639%
Vitamin E (as d-alpha tocopheryl succinate)	50.3 mg	335%
Niacin (Vitamin B3) (as inositol hexaniacinate)	150 mg	938%
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg	2353%
Calcium (as ascorbate, di-calcium malate, citrate)	141 mg	11%
Magnesium (as magnesium citrate, di-magnesium malate)	47 mg	11%
Black haw (<i>Viburnum prunifolium</i>)	300 mg	†
Rutin (<i>Sophora japonica</i>)	150 mg	†
Valerian (<i>Valeriana officinalis</i>) root	150 mg	†
Black Cohosh (<i>Cimicifuga racemosa</i>) root extract (4:1)	150 mg	†
Ginger (<i>Zingiber officinale</i>) rhizome	150 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate.

Indications: Promotes healthy uterine tissues and a healthy response to muscle contractions with nutritional science and traditional herbal support.

Suggested Use: Temporary support, 1-3 capsules every three hours; up to four times daily during menstruation. A maintenance dose of 3 capsules, once daily may be taken 1-2 days before menstruation. The maintenance dose may also be taken as needed to support muscle tissue relaxation anywhere in the body; also suitable for men.

Size ~ 60 caps; UPC code ~ 7-08118-01024-8

Size ~ 15 caps; UPC code ~ 7-08118-01022-4

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